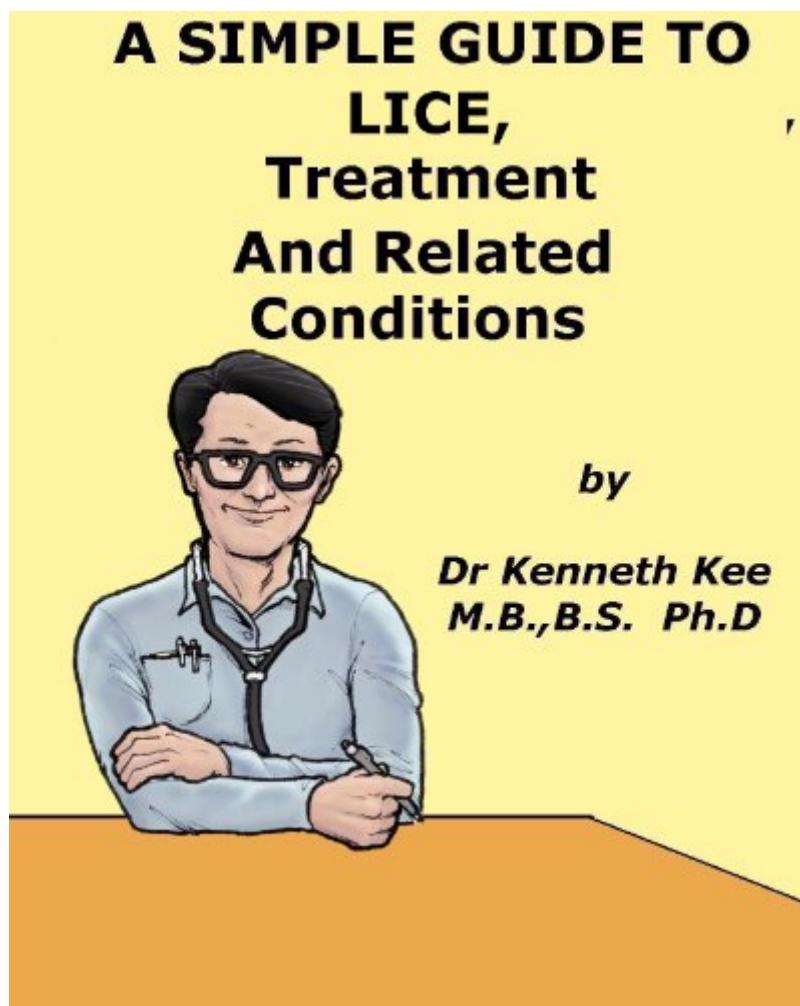


The book was found

A Simple Guide To Lice, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode to Lice
Lice is a parasitic disease which live on the human skin
It is associated with personal contact and poor hygiene.
Body lice live in the seams and folds of clothing
Pubic lice grows in the hair region of the pubic skin
Head lice live on the skin covering the top of the head
It produces nits on the hair shafts that are small ovoid eggs
All lice cause intense skin rash and itching
Lice and eggs can be seen on underwear or clothing
Pubic lice are best treated with permethrin
Other pesticides are benzyl benzoate and malathion
They can be applied on the hair and the skin
They are be used as a wash, shampoo or cream
In most cases the lice are killed with the above lotions
For hair lice nits need to be removed by fine metal combs
Sexual contacts and family members should all be treated
While clothing and bedding should be machine dried or heated
An original poem by Kenneth Kee
Interesting Tips about the Lice
A Healthy Lifestyle
1. Take a well Balanced Diet
2. There are various topical medications used to treat lice:
a. Benzyl Benzoate lotion applied to affected areas and washed off after 30 minutes
b. Pyrethrum 1% cream rinse applied to affected areas and washed off after 10 minutes
c. Malathion 0.5% lotion applied for 12 hours and washed off
Resistance to pediculcides is widespread and increasing.
Nits should be removed with a fine comb.
Bedding and clothing should be machine-washed, machine-dried using the heat cycle and allowed to dry in the sun.
Patients should avoid sexual contact with their sex partner until all have been treated.
All family members should be treated in order to eradicate the lice.
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2-3 hours a week.
One way to do this is to be active 30 minutes a day at least 5 days a week.
Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.
Alcohol use also increases the chance of falling and breaking a bone.
Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking.
It also interferes with blood supply and healing.
Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them

Chapter 1
Lice
Lice infestation is more commonly especially in the 1970 and 1980 where the nits are present on the hairs of many schoolgirls and rashes present on the under part of the thighs especially when sitting on wooden chairs or benches.
The Louse (singular for Lice) is a parasite called Pediculosis which can live on the skin.
It can occur at the

1. Head or Pediculosis Capitis

Pediculosis Capitis (hair lice) grows on the skin of the scalp. It causes itchiness of the scalp and produce nits (small ovoid eggs) on the hair shafts. 2. Body or Pediculosis corporis
Pediculosis corporis (body lice) grows on the hairy areas of the body especially the hairs of the chest, arm pits, groin and limbs. It also causes itchiness of the skin of the body. It is also spread by personal contact, clothing and is associated with poor personal hygiene. 3. Pubis or Pediculosis Pubis
Pediculosis pubis (pubic lice) usually grows in the hairy areas of the pubic area and causes itchiness.

Introduction Chapter 1 Lice Chapter 2 Interesting Facts of Lice

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